

WHAT RESULT DO WE WANT?

All North Carolina communities support safe and responsible use of alcohol.

WHY IS THIS IMPORTANT?

- Alcohol use is responsible for approximately 3,500 deaths annually among youth under age 21 in the United States, shortening their lives by an average of 60 years
- Underage alcohol use occurs in a context of significantly problematic adult use nationwide. Approximately 95,000 individuals of all ages in the United States die from alcohol-attributable causes each year, making excessive alcohol use the third leading preventable cause of death in the U.S.³

HNC 2030 HEADLINE INDICATOR:

Percent of adults reporting binge or heavy drinking

Source: Report to Congress on the Prevention and Reduction of Underage Drinking 2021

WHAT DOES THIS INDICATOR MEASURE?

HEAVY DRINKING is derived from two questions asked on the annual Behavioral Risk Factor Surveillance System survey:

1. "During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor? One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor."
2. "During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?"

Heavy drinkers are:

- Women and men aged 65 or older who have 8 or more drinks per week.
- Men under 65 who have 15 or more drinks per week.

BINGE DRINKING is derived from a question asked on the annual Behavioral Risk Factor Surveillance System survey:

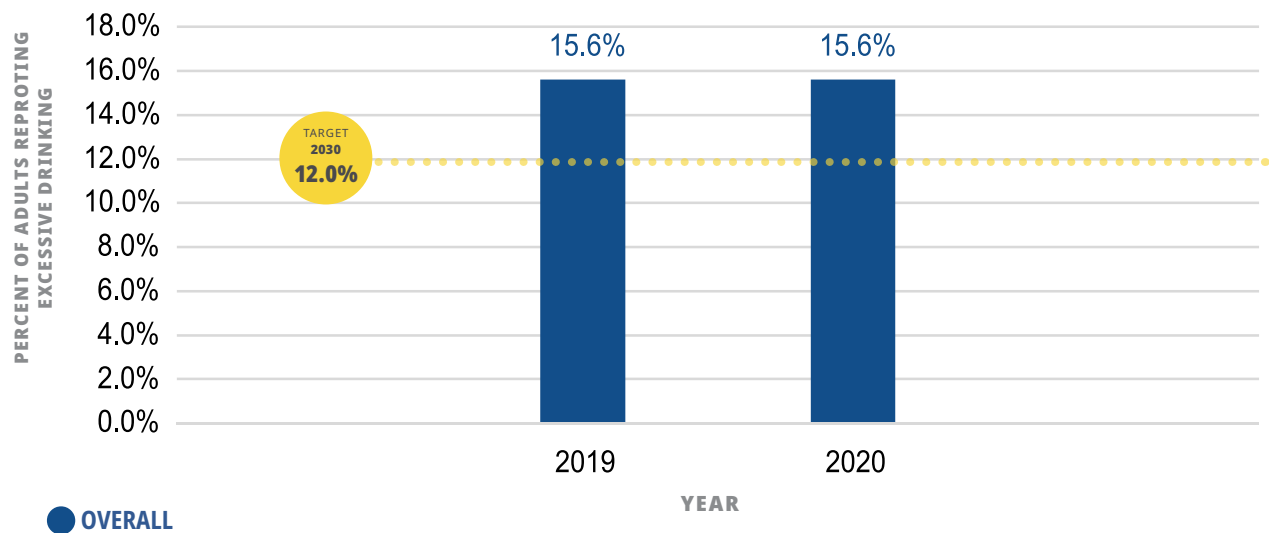
1. "Considering all types of alcoholic beverages, how many times during the past 30 days did you have [5 for men, 4 for women] or more drinks on an occasion?"
- Binge drinkers are respondents who report one or more episodes.

BASELINE DATA FROM HNC 2030**HOW ARE WE DOING?**

- The percent of adults who report excessive drinking continues to exceed the *HNC 2030* target of 12.0%

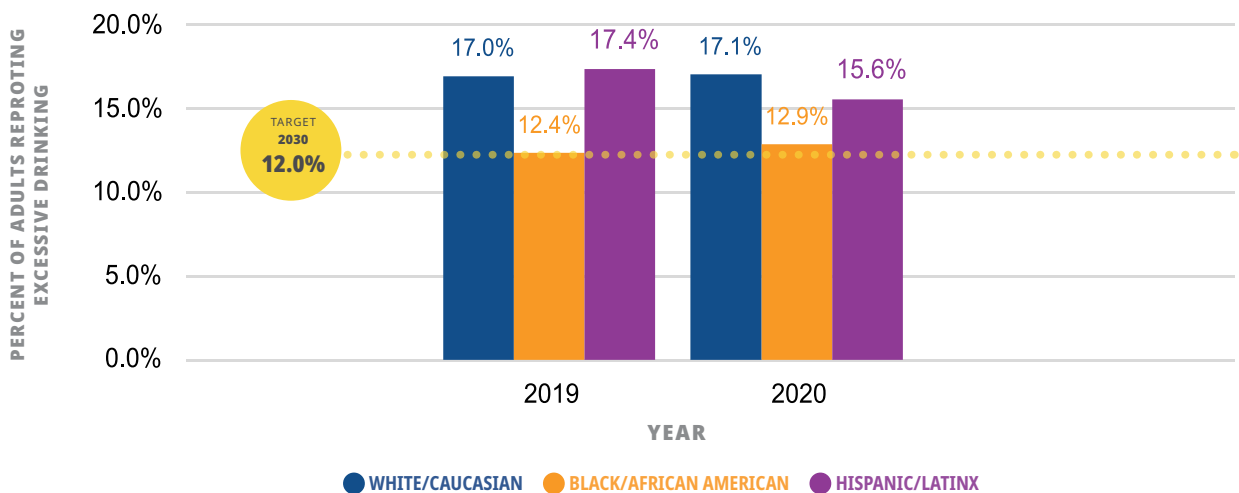
CURRENT DATA TRENDED OVER TIME

Figure 53. Excessive drinking in North Carolina (2019 - 2020)



Data source: Behavioral Risk Factor Surveillance System (BRFSS), N.C. State Center for Health Statistics

Figure 54. Excessive drinking in North Carolina by race/ethnicity (2019 - 2020)



Data not available for Asian/Pacific Islanders. Data source: Behavioral Risk Factor Surveillance System (BRFSS), N.C. State Center for Health Statistics

THE STORY BEHIND THE CURVE

Alcohol consumption increased during the COVID-19 pandemic in 2020 in the United States. The increase could substantially increase the long-term alcohol-associated liver disease (ALD) and mortality.¹

WHAT OTHER DATA DO WE NEED?

- Alcohol data dashboard available – includes density of alcohol retailers/map/economic costs/national study based on population
- Alcohol sales data per county
- Estimate of alcohol availability from illegal sales and practices
- Map of points of liquor sales in the community
- Violent Death Reporting System – tracks whether alcohol was involved in a death
- Number of criminal offenders under the influence when crime was committed
- Number of emergency room visits for alcohol related injuries and conditions
- Economic cost of alcohol-related injuries and conditions
- Availability of inpatient and outpatient treatment and counseling programs
- Alcoholics Anonymous (AA) locations and meeting times
- Better alcohol consumption data for ages 18-20
- Issues/limitations collecting data for younger populations

WHAT COULD WORK TO TURN THE CURVE?

- Consider local ordinances related to the sale and consumption of alcohol at local events
- Enforce state laws restricting beer and wine couponing
- Expand Medicaid eligibility
- Hold alcohol retailers liable for intoxicated or underage customers who cause injury to others
- Increase alcohol excise taxes
- Increase funding for compliance audits
- Increase number and access to programs
- Integrate the process of Screening, Brief Intervention, and Referral to Treatment (SBIRT) into medical settings
- Reduce density of alcohol retailer establishments
- Reduce the days and hours of alcohol sales
- Support and maintain state-controlled alcohol sales

RECOMMENDED READING/LISTENING

Report to Congress on the Prevention and Reduction of Underage Drinking 2021.

https://www.stopalcoholabuse.gov/media/ReportToCongress/2021/report_main/2021_Report_to_Congress.pdf

NC PARTNERS WHO CAN HELP US

PARTNER/POTENTIAL PARTNER	WEBSITE LINK
Addiction Professionals North Carolina	https://www.apnc.org/
Centers for Disease Control's Community Guide on Preventing Excessive Alcohol Consumption	https://www.thecommunityguide.org/topic/excessive-alcohol-consumption
Forensic Tests for Alcohol - NC DPH Branch	https://publichealth.nc.gov/chronicdiseaseandinjury/fta/index.htm
Mothers Against Drunk Driving North Carolina	https://www.madd.org/north-carolina/
National Alcoholic Beverage Control Association (NABCA)	https://www.nabca.org/
North Carolina Area Health Education Centers (NC AHEC)	https://www.ncahec.net/healthy-north-carolina-2030/
North Carolina Fetal Alcohol Syndrome Disorder (FASD) Informed	https://ncfasdinformed.org/about-us/about-ncfasd-informed
North Carolina Preventing Underage Drinking Initiative (PUDI) - Talk It Up. Lock It Up!	https://www.ncpudi.org/
North Carolina Substance Use Disorder Federation	https://sudfederation.org/
Recovery Communities of North Carolina (RCNC)	https://www.rcnc.org/
The Center for Alcohol Policy	https://www.centerforalcoholpolicy.org/
The Center for Prevention & Counseling - Too Smart to Start	https://centerforprevention.org/too-smart-to-start/



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